Worthy Enterprise Established in Southern California-So Arranged That Patients May Be Self-Supporting.

of a successful effort recently made by Mr. N. O. Nelson, in Southern California, to provide for the poorer classes. Mr. Nelson has established at Indio, in Southern California, what he calls a health camp for consump-We quote the following description of this worthy enterprise with the hope that it may encourage others to do likewise; for certainly no more beneficent work can be under taken by anyone:

The camp is located in a desert valley, cut off from the ocean by the mountains. There is no rain, no for no clouds. The winter days are all warm, the nights comparatively

"The camp was established in December, 1902, to provide in part for the large number of consumptives and other invalids who go to Southern California. Most of the invalids have little means: they can not afford expensive sanitariums, and are not want ed by hotels and boarding houses.

To meet the requirements of such patients, Mr. Nelson bought one hundred and twenty five acres of land ad joining the Indio depot. This tract he has improved by sluking arregian wells, and by putting most of the land under cultivation, in order to give convalescents something to do

Tents, with all necessary comp-ment for sleeping and taking meats have been set up. Land and water are free to those who have their own A small rental for tents is made to those who can not pay, and where necessary, board is given then All expenses reed not be more than from \$2.50 to \$4.00 a week.

Work is provided for those who are able to do it, so that their care does not become a burden on the camp

The camp is situated in the midst of a sandy valley one hundred miles long and three to ten miles wide The mountains on each side rise by degrees to four thousand and five housand feet high. In some places it the foothills there are springs and egetation

"In the valleys most of the land as been taken up in the past few ears. The crops of melons and vege tables are early and bring high prices. From \$160 to \$200 an acre is an ordinary yield. Alfalfa hay is cut ten times a year, giving twelve to fifteen tong an nore

When the campers get well enough to work, they buy or lease a few acres. They can either buy the land on the instalment plan, or lease it on shares for such length of time as de-

## Alcohol and Tuberculosis

Dr. S. A. Knopf, the eminent New ork physician who has given a great deal of attention to the subject of tuberculosis, took occasion not long since in a scientific paper to condemn the popular notion that alcohol is a

mely for consumption. He says: There is an idea that alcohol is a ely or even a specific remody for consumption. There has never been a greater mistake made. Alcohol has never cured and never will cure oberculosis. It will either prevent or retard recovery. It is like a two-sized weapon; on one side it posome the system, and on the other side is cuins the stomach and thus prevents this organ from properly digesting the necessary food. Truly nathetic are the results of this erroneous doctrine in the families of the poor, where, instead of procuring good nourishment for the invalid, liquor has been bought too large quantities so that other members of the family?

## Predisposition to Tuberculosis.

The abnormal fear of tuberculoris which haunts so many minds is bred Hastings, M. D. of ignorance. The awful results of the "white terror" have impressed themselves upon all, but as with the aborigine, when he first encountered the gunboaring explorer, the reason why is hidden. The native heard the gun speak and saw his brother full. The smiden death terrified him. did not stop to inquire the cause. He fied in abject fear.

are stupondous. Are you inquirier into the why, or are you frembling lest it selze you? Are you frying to dodge an inscrutable foe, or are you studying to give intelligent battle? The tenement dweller says, "I can not escape the plague, I will await my furn." The son or brother of a con- To each cup of the prepared nut add sumptive says: "It is in the family, one cup of hot water, stirring and I must suffer the same death." The weakened victim of intemperance or neglect of vital laws says: stitution is wrecked-I am no match for this relentless foe."

Dr. Knopf asks and answers the following perfinent query: "Who are the individuals who must be particu-larly careful so as not to be attacked the almost ever present tubercle

There are four classes: First those who have a hereditary predisposition to consumption; secondly, those who have weakened their system and thus predisposed themselves to consump-tion by the intemperate use of alcoholic beverages, by a dissipated life, by excesses of all kinds, etc.; thirdly, those whose constitution has been weakened through disease; fourthly, those whose occupations, trades or professions, such as printing, hat making, talloring, weaving, and all occu- for the top.

A New York paper publishes an ac- | pations where the worker is much exposed to the inhalation of various kinds of dust, have rendered them particularly liable to consumption.

Let every one take courage and live above tuberculosis. If you are already suffering from it strive to rise above it. Avoid alcoholic beverages, condiments, pastries, tea and coffee. Live out of doors, provide fresh air for your bed room, study the laws of your body and return to the natural way of living.

#### Food for Brain Workers.

Mental work requires much food than does physical labor. Re-cent careful experiments which have cen made, show that men engaged in active mental labor and abstaining from muscular exertion, require prac ucally no more food than men at rest. This is a fact of very great importance for students, ministers, and other professional men whose occupation does not require any considerable amount of effort, since the taking of food in excess of that which is required results in the filling of the blood with poisons, and in conse quence crowding of the tissues with issue wastes and poisonous matters which interfere with all the bodily functions, and especialty with the incliens of the brain and nerves. Mental activity is clouded, sleep may be prevented, and all the effects of nervous exhaustion produced by a comparatively slight expenditure of energy, giving rise to languor, sometimes depression, and at other times britability, confusion, and indecision of mind, even moroseness and melan-

## That Tired Feeling.

The condition of lethargy produced y excessive cating or habitual drunkenness must be distinguished from fa tique due to work. Persons in this condition often decline to exercise because they "feel so tired." This state of lassitude and enervation cannot be overcome by rest. Carefully graduated exercises and regulation of the dictary are the proper remedies. There are many chronic invalids whose sufferings and disability are wholly due to this cause, and who may be readily restored to usefulness by a spare and simple dietary combined with outdoor exercises, gradually increased in vigor and duration as the strength im-

## Water Purification

A physician connected with the United States Agricultural department has called attention to the fact that an extremely small quantity of sulphate of copper will prevent the growth of algae in lakes, pends and storage reservoirs, and will destroy typhoid and cholera germs. The ques tion at once prizes whether this method can be considered thoroughly hyg enic. The probability is that the mail amount of copper thus emloyed would be neutralized by comblaing with vegetable substances so that the water will be left practically pure; nevertheless, the addition of chemical substances to water cannot be considered the most method of purification. Boiling and Allering through a Pastour filter are really the best methods. Fifters are cheap, and boiling is an easy and simold-fashioned charcoal and gravel filters cannot be rehed upon

## Warning Against Tight Corsets.

Nature abhors a vacuum. There is no unoccupied space in the body; and often there was not enough money left to render any part of it smaller than for food for the sufferer nor for the nature designed, is to cause the organs occupying that part to diminish in size, or to crowd together, one upon another. In either case, nature's proc esses are sadly interrupted,-C. E.

## SOME SIMPLE DISHES.

Breakfast Toast-Cut rather thin slices of bread into two or three places. Put those into the oven and let them bake very slowly for two or three hours, or until of a golden color and crisp throughout. This is an exallent substitute for breads and much To-day the ravages of tuberculosis more wholesome. It is delinious served with coroganit or dairy cream or but-

> Cocoanut Cream.—Cut fresh eocoa nut into thin slices and grind the nut very fine in a chopper or some strong hand mill. If nothing of this sort is available, the cocoanut may be grated To each cup of the prepared nut add teating with a spoon to extract as much of the juice as possible. Drain off the liquid and add a similar quantity of hot water, and, after beating again very thoroughly, strain through a cloth or very fine slove, pressing out all the liquid possible. This may be used at once as a substitute for milk, to be eaten with rice or other grains, or to propare puddings or sauces. It is excellent served with granose flakes or caten with zwie-back. If placed on the ice for a few hours, the cream will rise to the ton and may be taken off, making a pure

coconnut butter. Strawberry Egg-nog -- Beat the volle and white of one erz separately, and to each add one tenspoonful of sugar. To the yolk add one teampoonful lemon fuice and two tablespoonfuls of strawberry juice. Stir in the white, leaving enough to serve as a meringue

## **IMPRESSED**

The Elicot of Emperor William's Visit to Tangier.

## DEL CASSE POSTPONES QUESTION

It is Shown by a Conference That It Is the Purpose to Adopt a Passive Attitude and Await the Development of Events.

Paris, April 2. The Morocco Incldent is number a deeper impression and while calmuess continues to preead there is a growing sense of rade ness or the shock which Emperor Willlam's visit to Tangier and his decla rations give to French pulley. Howver for the present it is exident that the purpose is to adopt a passive at tions and await the development of events. This was shown by a conferthe at the foreign office between Foreign Minister Del Casso and vev ral denuties who whiled to quehim in the chamber concurning Moraces. Tes forcien minister usked is an adjournment of the questions. aying there was nothing to add to went to that Heady In the semite Accordance the questions were efinitely postpotral.

The Temps says the authorities n of Emperor William's remarks at Tangler makes it modess to defy the disoblying character of such worse, which " ematitute almost the measurement sport of openly quarreling with France that William III could a tempt in order to be disagreeable."

However, the general tone of the press is singularly free from belligerent or menucing call

St. Petersbury.—The developments tesulting from Emperor William's eech at Tanxier continues to at trues areas attention in the press and in diplomatic circles. The sober view is that the German emperor selection a favorable opportunity to read France a lesson for feaving Germany out of consideration in the French-British understanding regarding Morocco. with the view, possibly of compelling France to make a permanent renuncia tion of her aspirations regarding Meta and Loraine, also with the practical purpose of securing a vote in the reichstag next fall for a large naval program. There is no serious idea that the incident may lead to a con-With Russia enfeebled, France will have to look to Great Britain to play the role of protector assumed by Russia when Germany threatened be in 1875, and there is a good deal of speculation on the subject of the new grouping of the sowers. The home papers, however, declare that while the Bettish press may bluster, Great Britain has secured her guid pro que in Egypt and will leave Fance to take euro of heroid.

## BEAUTIFUL LITTLE ANARCHIST,

Wealthy Man and Two Women Ar rested Suspected of Nihilis-

tic Ideas. London, April 1 -- Disputches from St Petersburg to the Emily Mail and the Standard report several arrest o) prominent terrorists belonging to the inner or "bomb" section. cording to the Daily Mail's dispatch, one of the persons arrested is wealthy man named Zavitsky and two women. One of these latter. ramed franhovskai, an anarchist, has been vainly sought by the police since the assassination of Alexander II, and the other is a beautiful girl named Leonteeva, belonging to a prominent official family. It is also stated that these and the men arrested in the street on Thursday have been watch ing the movements of Governor General Trepoff, Duke Vladmir and Minister of the Interior Bouligan.

Huntington, W. Va., April 4.- Three persons were killed and one fatally injured in an explosion of the holler of a portable sawmill near Matwan today The dead are: John Sandman, aged 16: Green Sandman, aged 49: Henderson, engineer,

## KANSAS MAN BUYS LAND.

Spends \$100,000 in Getting Hold of

an Illinois Tract. Duquoin, DL. April ( .- The entire holdings of the Big Muddy Colliery Company of Benton have been sold to Charles I Devlin, the multimillion aire coal operator of Topeka. Kan. The deal includes a mine, together with 1260 acres of rich coal land, heretofore untouched. price is thought to be about \$100,000. Mr. Bevlin is said to own the controlling interest in twenty-two mines in the Central states. A modern shaft will probably be sunk on the tract of land at once

## EXTRA SESSION OCTOBER 16.

#### President Roosevelt Sets Day For Convening Congress.

Washington, April I. - Senators who called on President Roosevelt today, to consult with him as to the probable time of the reassembling of congress were informed that it was likely a special sesson will be called for October 16. This will enable members of congress going on the Philippine trip to return in time for the session.

#### JUDGE RAYMOND TO STAY.

Department of Justice Fully Exon erates Him of Charges.

Washington, April 5 - Judge Ray mond, chief justice of Indian tory, with headquarters at Muskogee was completely exonerated today from the charges which had been made against him before the depart ment of justice. The exoneration was in the shape of a statement givon out by Judge Russell, assistant at turney general, by direction of Mr. Moody, the attorney general, statement reads as follows: The The department has investigated

charges made against Judge Raymond, chief justice of Indian Territory, and reached the conclusion that there is nothing found or proven warranting his removal from office. In view of this conclusion, it is not deemed the province of the department to enter into a criticism of his conduct. eral ludges in the states hold office for life in order that they may be free from the influence of fear and of other improper motives. Territorial judges may be removed by the presi dent, but as nearly as may be should also be free from such influence. This cannot be if their conduct is to be subject to constant comment by execu rive officers near the president

'It is but just to and that the judge's honosty and impartiality have not been seriously questioned, and that he has industriously tried to make an exceptional record for good and rapid work, particularly in the uppression of the liquor traffic. thing so obviously injurious to the peace and welfare of the population of Indian Territory."

#### WOULD BURN THE RESORT.

#### Mob Is Gathering at Springfield For That Avowed Purpose.

Springfield, O., April & - A mob ery similar to one which a year ago lynched the negro Dixon and burned the levee is congregating with the avowed purpose of burning a resort run by Joseph Kempler. Nearly a dozen arrests of suspicious acting persons have been made by detec-

The source in which Kemplar's place is located is being patrolled by police

At 11 o'clock tonight the front and rear of the saloon are closely guard ed by police, as are the entrances to the Columbia street at Foster and Water streets.

Evey street corner in the vicinity is filled by a motley crowd awaiting the appearance of a mob to burn the

In all nearly a dozen arrests have been made for "safe-keeping," and at II o'clock the police are confident they have complete control of the

## KAISER THEIR PROTECTOR.

#### Emperor William Made Deep Impression With German Colony.

Berlin, April 4.—The Lolod Anzeig er, in a dispatch from Tangier, says that in replying to the members of the German colony, Emperor William sald he was glad to make the acquaintance of the moneers of Germany in Morocco and to tell them that they had done their duty. They must re main united and continue to faifill their duty under the emperor's pro tection. Gormany had great commen cial interests in Morocco. Her trads was advancing gratifyingly. emperor, would make it his business to promote this trade, which was only possible on the assumption of equality of all the powers and the sovereignty of the sultan and the independence of the land.

His visit was a recognition of this independence. The speech, the Lokal Anzeiger adds, created an immense impression in the foregn colony at Tangier, especially among the natives who now refer to the emperor as the protector of the independence of Morocco.

Great political significance, it is further asserted is attuched to the fact that the German charge d'affaires ecompanied the German emperor to Gibraltar.

## STATEHOOD NEXT SESSION.

#### Senator Beveridge Is Confident of Success Next Session,

Washington, April L - Senator Heveridge, who is chairman of the committee on territories, and Chairman Hamilton, of the house committee, have already arranged a proaram for statehood legislation and expect to have it out of the way within a month or two after the next session of congress meets. It is proposed to take the bill which was practically agreed on between the Republi can members of the conference in the last session, and push it through to a conclusion without any delay above that which will necessarily follow in debates in the senate. Senator Boyeridge is so confident of success that is already promising himself considerable lelaure after the first month or two of the next session

## Transport Along The Rivers.

St. Petersburg, April 1. - During his forthcoming inspection of the Siberian railroad Minister of Railroads Hilloff proposes to make an investi-gative inquiry into the possibility of organizing a big system of transport along the rivers.

## No Peace Negotiations Proposed,

St. Petersburg, March 31.—An offi-ial news agency says: "In spite of cial news agency says. "In spite of the general inclination in favor of conclusion of the war Russia has not proposed any peace negotiations nor prepared any such conditions."

### WARDING OFF OLD AGE.

#### Simple Calisthenic Exercise That Will Best of Backs Give Out Under the Do Much.

famous French general, when asked how it was that he had such an erect carriage, replied that it was because he bent over and touched the floor with his fingers thirty times every day. If he had acquired rigidity of the spine so that he could not do that, he would have bad with it weak abdominal muscles, which result in portal congestion. This portal congestion interferes with stomach digestion and with the action of the liver. The poison-destroying power of the liver is Jessened, autointoxication results and arteriosclerosis and old age comes on at a much earlier day. By keeping the spine flexible and the abdominal muscles strong and taut the portal circulation is kept free and old age is held off.-Good Health.

#### Dog Saved Life of Mistress.

Hubbard Goodwin of Torringford, Conn., has a dog which money will not buy. He went to Mrs. Goodwin's bed-room and barked and finally jumped on the bed. Mrs. Goodwin followed him to the kitchen, where she found the front door of the stove wide open and the floor ablaze di rectiv in front of it.

If a girl is really in love, she can be couxed to be married by a strange

Try me just once and I am sure to ome again. Defining Starch.

## Why Gambling Was Prohibited.

In England, as in Rome, gambling was probiblited, not because it demoralized but because it rendered its devotces effendante. An act passed in 1541 had in view the double object of maintaining the artiflery and debaring uninwful carmes." An art passed during the reign of Queen Anne declared that all bends or other securties given for money won at play money lent at the time to play with should be utterly void and all mortgages or incumbrances on lands made on the same consideration should be made over to the use of the mortga This continued to be the law until 1845.

#### BABY CHE SOLID SORE.

#### Could Not Shut Eyes to Sleep-Spent \$100 on Doctors-Bahy Grew Worse-Cured by Cuticura

A seah formed on my haby's face. propring until it completely covered our from head to foot, followed by boils, having forty on her head at onime, and more on her body. ner skin started to dry up and it became so had she could not shut her ayes to sleep. One menth's treatment with Cuticum Scap and Ointment made a complete cure. Doctors and medicines had rest over \$100, with buby growing ware. Then we spent less than \$5 for Cutleura and cured ter (Signed) Was G H Tucker, Ir. Greenfield Ass. Milicoulee, Wis.

When squashes get into the pie they

#### THE STRAIN OF WORK.

Burden of Daily Toil.

Lieutenant George G. Warren, of No. 3 Chemical, Washington, D. C., says: "It's an honest fact that Doan's



me a great lot of good, and if it were not true I would not recommend them. It was the strain of lifting that brought on kidney trouble and weakened my back, but since us-

ing Doan's Kidney Phis I have lifted 600 pounds and felt no bad effects. I have not felt the trouble come back since, although 1 had suffered for five or six years, and other remedies had not helped me at all."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, N.Y.

## Electric Mail Collector.

In Milan, Italy, letters are now collected from the street pillar boxes by an electric traveling postoffice over a journey of fifteen miles; sorting and stamping are done during the run from one hox to another, and at the end of each circuit the letters are handed over for immediate delivery.

USE THE FAMOUS

Red Crose (tal) Him Large for package I cents. The Russ Company, South Bend, Ind.

### Metals and Memory.

The miner and the chemist are fur nishing more and better metals and the miner of men's minds is trying to furnish helps for those who desire more and better memory .- Orvice Sisson.

Much valuable information free about band instruments; we'de for the new cata-logue to-day. JENKINS' MUSIC HOUSE, KANSAS CITY, MO.

## Check to Ticket Scalping.

In order to prevent rallway ticket scalping a special manufacture of pa per and ink has been proposed for use by the railroad companies only.

Ask Your Dealer for Allen's Poot-Rase, A powder. It rests the feet. Cures Corns, Bunious, Swellen, Sore, Hot, Callous, Aching, Bunnons, Sweiten, Sore, Hoy, Canoba, Acting, Sweating Feet and Ingrowing Nails. Allen's Poot-Ease makes new or tight shoes easy. At all Druggists and Sines stores, 25 conts. Ac-cept no substitute. Sample mailed Fige. Address Allen S. Olmsted, Le Roy, N. Y.

#### Hardy Flowering Plants Perpetual snow is the only limit to

flowering plants. In Tibet these have been found growing freely at heights of from 16,000 to 18,000 feet.

## When Your Grocer Says

when four Gracer says
he does not have Defiance Starch, you
may be sure he is afraid to keep it until his stock of 12 oz. puckages are
sold. Defiance Starch is not only better than any other Cold Water Starch,
but contains 16 oz. to the nackage and
solls for same money as 12 oz. brands.

## Mexican Pumpkin.

A curious plant has recently been found in Mexico. It is similar to a numpkin, with a rough, corky bark, resembling that of an oak. been named "palma."!

Of leacorrhea, excessive flowing, painful periods, prolapers, or falling of womb, as a single aim the cure of diseases attended by weak back, bearing-down sensations, ulceration of womb, pain Reliable industry with tripley ones.



and tenderness of overies, are almost always cured by a fairly persistent use of Dr. Pierce's Fayorite Prescription. of Dr. Pierce's Favorite Prescription.

If in any case it should, in due time, not seem quite adequate to meet every phase of some complicated case, Dr. Pierce always stands ready to offer valuable suggestions based upon years of varied experience which often proves of inestimable value. This he does entirely free of charge to those using his medicines. Address Dr. R. V. Pierce, 131 Main Street, Boffalo, N. Y.

Due R. V. Pierce, Boffalo, N. Y.

Due R. V. Pierce, Boffalo, N. Y.

Due R. V. Pierce, Boffalo, N. Y.

Due Sir J. Innex thought I should never be undered with womb disease work, cannot compensately and the provided with womb disease work, cannot compensately and the provided with womb disease work, cannot compensately the provided with womb disease work, cannot compensately the provided with womb disease work, cannot expense which would be a should be a should never be without a vial of the "Pleasant Pellets" at hand. They are always odd bandw. After that taken eight better the provided by the provided of the provided with work and there was nothing eight better. They regulate, invigoring the provided with the provided provided with the provided provided with womb disease work, cannot compensate the liver, stomach and lowed and recommendation of the bowels, loss of appetite, dotted tongue, sour stomach, windy because of the liver, stomach and bowels. This provided provided the provided with work and there was nothing eight because the liver, stomach and lowed and recommendation of the bowels, loss of appetite, dotted tongue, sour stomach, windy because of the liver, stomach and bowels. The provided the provided to the provided t

There is no opion, cocaine or other marsatic in "Favorite Prescrip" in "Seither does it contain alcohol, whi sky or other interaction."

Seither does it contain alcohol, whi sky or other interaction.

or other intoxicant.

It often happens that childlessness is due to conditions which may be corrected. Many women have found that "Common Sense Medical Advisor" will the vitality and vigor imparted by Dr. be sent for the mere cost of mailian womanly occane be sense from the mere cost of mailian. rected. Many women have found that "Common Sense Medical Advisor" will the vitality and vigor imparted by Dr. Peerce's Favorite Prescription to the paper-bound for 21 one-cent stamps, womanly organs, has been the one thing or cloth-bound for 31 stamps. It is a grand and useful book. Address Dr. This famous medicine is not a cure-ail, R. V. Pierce, 683 Main St., Buffalo, N.Y.

Reliable dealers recommend its Prescription." With tricky ones, something else that pays them better will probably be urged upon you as "just as good." Perhaps it is for them; but it can't be for yow. Some saving may be made by purchasing our medicanes in half-dozen quantities.

If you are convinced that the "Favorite Prescription" is the medicine ty you need, do not be cajoled into accepting something else. The attempt continue of the solid soli

cepting something else. The attempt to induce you to do so is an insult to your intelligence. Turn your back on the one who offers the affront.

ments of the liver, stomach and bowels.

Persons subject to any of these troubles should never be without a vial of the "Pleasant Pelletta" at hand. They are always adopted as a household remedy after the first trial. Put up in glass vials, tightly corked, therefore always fresh and reliable.

One little "Pellet" is a laxative, two are cathartic. They regulate, invigorate and cleanse the liver, stomach and howels. As a "dinner pill," to promote digestion, take one each day. To relieve the distress arising from over-

# A CHILD Can Use the QUICK MEAL

with ferfest safety—it's proof against forgetfalness, ignorance companies, have tested it to their full satisfaction every we plack Meal is suppliety itself no wearing parts—nothing it it order, nothing to bereast. It is muste from heavy all and will last dimost a lifetime—and it will do an good we as it did the tirst. Kitchen work is a delight when you QUICK MEAL (Evaporator) GASOLINE RANGE

MEAL is the wait, even a minute, for your fire-it saluer, or have to wait, even a minute, for your fire-it saluer, and your kitchen is soot, for the heat is under the kettler, the too he was the saluer and heat of the heat of the saluer, and there is an experience, economy and sales, and a not the little of the saluer and the saluer a

SMOKERS FIND

5 Cigar better Quality than most 10 Cigars Your Jobber or direct from Pactory, Poorla, III.

FARMS For Sale payments LEWIS' SINGLE BINDER

**BEGGS' BLOOD PURIFIER** CURES catarrh of the stomach.